

Welcome to FORMA Personal Training!

Mark Burke founded Forma Personal Training in 2000, the business has since expanded with the addition of co-owner Karen Slavin, who along with their staff of certified trainers provide the perfect balance of professionals to meet your fitness goals.

Mark has been a personal trainer in the Sewickley area since the early 1990's after graduating from the University of Pittsburgh, with a degree in Exercise Science.

Karen Slavin, whose competition background includes First Place in the 2003 OCB Masters Figure Competition, and Third Place in the Open Figure class has been a certified trainer and Specialist in Performance Nutrition for over 20 years. Karen has also held a position on the OCB (Organization of Competitive Bodybuilders) panel as a Figure and Bodybuilding judge, representing drug-free competitions.

Burke and Slavin understand the importance of fitness as a permanent lifestyle change. Knowledge and a conducive exercise environment set the proper foundation.

The trainers at Forma know that fitness doesn't end in the training studio. They encourage their clients to set realistic goals and to remember the importance of adequate sleep, cardiovascular fitness and a healthy diet throughout their day. Burke and Slavin receive continuous praise and recognition for the dedication and determination in keeping clients on track throughout their lives.

Forma prides themselves in reaching out to individuals and the community to increase fitness awareness. They have visited local schools to provide fitness assessments and one-on-one advice.

People of all ages are welcome to stop in, or call 412-741-4488 to make an appointment to begin "your" lifestyle change. Forma offers a fun environment and an elite staff of trainers focused on achieving your goals.